



Annual Report and Accounts 2019

scottishathletics 



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President's Report

This, my final report as President covers the Commonwealth Games, European Track and Field Championships, WPA European Championships and European Indoor Track and Field Championships.

Over my eight years as President the sport has evolved. We have moved from a few athletes being selected into GB & NI teams to Scottish athletes now making up 20% of these teams. Scottish athletes are making history - Laura Muir's double-double at the European Indoor Championships and athletes in a variety of events and disciplines are winning medals at all major Championships. This is, I believe, a consequence of our club structure becoming more professional, our coaching structure and a home Olympic and Commonwealth Games. As a sport we continue to build a culture of success and with the right support our athletes can be truly world class.

The highlight of the year undoubtedly is the Commonwealth Games when athletes from Scotland had the opportunity to compete in the national vest on a global stage. Scotland equalled the best away games with five medals which was a fantastic return and congratulations to those athletes, their coaches and clubs. We also had our best ever European Championships in Berlin with five medals, this was backed up by a tremendous medal haul of seven medals from seven athletes at the WPA European Championships also in Berlin, then a further five medals at the European Indoor Championships in Glasgow. This coupled with success in cross country, the roads and the mountains has meant that 2018/19 has been our most successful year for the sport in Scotland.

I would like to personally congratulate Charlotte Morgan who won gold at the World Mountain Running Long Distance Championships in Poland as well as a superb team silver along with team-mate Georgia Tindley. The third Scot on the team was not to be out done and Murray Strain also helped the men to Team silver too.

The pipeline of talent continues, and it was great to see Kane Elliott winning the European Youth Championships 1500m as well as a World Junior medal for Alisha Rees in the 4x100m Relay.

All the medal performances and major championship performers will be detailed later in the report. I must, however, mention the Celtic Games which has been a fantastic international opportunity for young athletes. The event came to an end after 42 years

with **scottishathletics** U16 and U18 athletes taking a clean sweep of all seven trophies. For me it brought back many happy memories from competing at the first Celtic Games back in 1976 and being Head of Delegation at this final one.

Across all disciplines the sport is thriving, entries are up, track and field records through all the age groups are being broken with some of these records being over 30 years old, indeed it is worth noting that 34 Scottish records were broken during the 2019 indoor season, a fantastic haul and shows progress across the age groups and as well across a diverse range of events.

There have been huge entries across all disciplines especially at the National Cross Country Relays where there was a huge entry of 604 teams entered and at the Short Course Cross Country where 642 U20/senior/master men competed over the 4K course at Lanark. A few months later at the National Cross Country Championships in Falkirk the event attracted the biggest field in 25 years with 970 on the start list for the senior men's race and just over 100 clubs represented throughout the day, amazing. The feel-good factor continued into track and field with entries at the senior Championships up by 22%. This I believe sums up the growing commitment to competition by clubs and athletes.

scottishathletics recognised the success of Scotland's very best athletes when 15 were inducted into the Hall of Fame at the FPSG Annual Awards Dinner in November. The 'Hall of Fame' is a perpetual list of senior Scottish athletes of outstanding

achievement and joining the likes of Eric Liddell, Allan Wells and Liz McColgan were - Duncan Clark, Lee McConnell, Dale Greig, Angela Mudge, Geoff Parsons, Tom Nicholson, Alan Paterson, Rosemary Payne, Don Ritchie, Meg Ritchie (Stone), Ian Stewart, Lachie Stewart, Rosemary Stirling (Wright), James Wilson and Dunky Wright.

jog**scotland** has continued its partnership with the Scottish Association for Mental Health and has recently received support from **sportscotland** to start a new project helping girls with disabilities or additional support needs get active.

Overall it has been a fantastic year for the sport across all disciplines and it could not have been done without the help and support of many people. My thanks to all members of staff, members of the Board, commissions and committees within **scottishathletics** who have worked hard to develop and improve the delivery and performance of our sport throughout the year. Not only did athletes win medals but once again, a number of our members have been recognised in the 2018 Birthday and New Year Honours Lists. Congratulations to Alex Jackson MBE, Gordon Robertson MBE, Mairi Levack BEM and Willy Russell BEM.

Well done to all athletes, clubs, officials, coaches and administrators who have made 2018/19 a very special year.

Leslie Roy MBE
President



Annual Review

Last year was arguably the busiest year that we have witnessed for some time with four major track and field championships, many off-track championships, and recent years' successes placing a weight of expectation on Scottish athletes to perform on the world stage from the Scottish media.





A Commonwealth Games always provides excitement and anticipation, that one time in every four years where our top athletes have the opportunity to compete on a global stage in the Scottish vest. This time the Games were on the opposite side of the world in the Gold Coast and in April, providing timing challenges for athletes to hit peak condition in what is traditionally early season. This was followed by the European Championships in Berlin in August, the World Para European Championships also in Berlin, and the European Indoor Championships on home soil in Glasgow in March – a major logistical challenge for athletes and coaches.

Track and field aside, we continue to see successes across all disciplines of the sport with Scottish athletes ‘punching above our weight’ in population representation terms and all successes will be detailed later in the report.

Last year also marked an important milestone with the launch of our new national strategy for athletics, ***Building a Culture of Success***. Our aim is to build an integrated and transparent system that supports our constituent members as well as continuing to develop the sport of athletics in Scotland as a whole. It provides an overall strategic vision for athletics in Scotland, from grassroots introductory level through to international level, and sets the context for future strategic decisions and identification of key programmes and projects. The strategy title, ***‘Building a Culture of Success’*** is not just about performances on the world stage but is about the whole sport pulling together in the same direction and recognising the importance of all parts and individuals within the system – a system requires all parts to be working effectively together with everyone valued equally - that includes clubs, coaches, officials, athletes, event organisers, partners, supporters as well as **scottishathletics** the organisation.

As with previous years, it is almost impossible to detail every success and challenge, but this review does try to highlight the key matters of importance and reports very clearly on the state of the business to provide confidence to our members and partners that we are delivering effectively within that area as well.

Membership

Over the past year, we have seen a small growth in membership and across some events, which continues to build on the significant growth over the last four years. This success is thanks in the main, to the significant contributions from our member clubs, event organisers and ‘athletics people’, the majority who devote their time voluntarily and for the good of others 52 weeks of the year. **scottishathletics** currently has a membership base of 14,188 individual members, 20,000+ members within our 154 affiliated athletics clubs and more than 450 formalised jogging groups. We have also witnessed over 120,000 participants within licensed events, a trend that has been consistent for the past few years.

Club Support and Development

Within the new strategy, supporting member clubs continues as an important focal point to our work at **scottishathletics**. Scottish clubs, and the progress and good practice evidenced by them, is regularly referred to by other areas of the sport in the UK as well as by other sports. The continued growth and transformation of Scottish clubs, and investment into people in clubs and the support to retain, recruit and deploy good people, is the single most important factor and enabler in our continued development nationally.

We continually review and seek feedback on how we support clubs ensuring the services we provide remain relevant for the membership. As a result, in the new year we launched the new National Club Development Framework for Scottish clubs. The framework has been created to offer support to every club in Scotland no matter their size, location or ambitions. The framework enables clubs to review their operations across 13 areas of the club’s business. The framework is split into four tiers to show how progress can be made within each of those business areas. The suggested steps outlined have been pulled together though feedback received, reviewing best practice and from our work with member clubs. Whilst these steps are not exhaustive it is designed to share good practice from other clubs, encourage creativity and new ways of thinking, and most importantly ensure all clubs operate safely.



This framework is supported by our club development team who work closely with the other internal departments, partners and external consultants to support our member clubs and people in athletics in Scotland. We recognise the success of the relationships that have been established with clubs in the modernisation project over the last four years and feel passionately that the offer of this direct support needs to be readily available to all clubs.

Our club projects continue to evolve and below is a summary of what has been delivered in the past year:

- ILM accredited National Club Leaders Academy – ten graduates in 2018
- Six business workshops delivered through the Club Modernisation programme with 21 clubs attending
- Club Together Project – investing financially and directly into 32 employed roles within clubs across Scotland as well as providing additional support to other clubs employing coaches out with the Club Together programme
- National Coach Development Programme – again over 400 individual coaches supported
- National Club Conference – 72 delegates attended, sharing good practice and learning from other clubs and organisations
- Six Inclusive Athletics Workshops delivered, with three clubs forming new pathways for athletes with a disability
- 75 clubs signed up on ClubServe with further modules to launch later in 2019
- Officials' Development – continue to develop and appointment of full-time Officials Development Officer in 2018/19 – see note on officials development
- Day to day meetings and support to clubs – more than 270 club meetings took place last year

We continue to be impressed by the progress and development within Scottish clubs and the innovation shown to provide new services beyond the traditional training nights. Such initiatives include community coaching programmes, schools and education programmes, new disability sections and generating new income streams. However, as an organisation we must and will continue to offer all clubs support at the appropriate stage of their development, no matter how large or small their membership is.

The National Club Conference continues to provide a great platform for clubs to share best practice and discuss key issues and themes. As with the last couple of years, the highlight was the number of Scottish clubs delivering sessions over the course of the day with some brilliant projects being discussed.

Media and Communication

The 12 months in question were arguably the busiest in recent years for our Communications Team at **scottishathletics**.

It's all about trying to deliver a balance of reporting events, athlete performances, club stories, major championships across all disciplines (including a Commonwealth Games in Australia) and promoting the sport via social media channels while also seeking to evolve within a fast-paced, developing industry.

Communications continues to play a crucial role and is a key success factor for athletics in Scotland. The promotion of our sport in many forms remains one of our most important priorities. Our effective staff team work tirelessly with partners and the sport to deliver widespread coverage.

The **scottishathletics** website remains the 'go to' place for our members and athletics enthusiasts, with an average of 15 news items per week – that's 780 per year!

We have more than 31,000 Facebook and 18,000 Twitter followers (including **jogscotland**), another

increase of more than 25% on last year. Again, Twitter 'impressions' continue to demonstrate the far-reaching impact, with often a monthly reach of over one million.

In the past year, there have been additional advancements with the **scottishathletics** YouTube channel – our following has risen by 40 percent - and more emphasis around the use of Instagram, again demonstrating our commitment to connect with all generations of the sport and keeping up with modern trends in communication.

Once again, we continued to stream events online through our strong partnership with Vinco as well as 'live streaming' via Facebook Live. The introduction of drone footage in 2017/18 was a massive positive at the Lindsays National Cross Country Championships and we included this feature again this year – also reaching into the North American market.

We are always working hard to maintain strong relationships with the Scottish (and UK) media with an increasing interest in news stories in the national media, and the continuation of media partnerships around our events.

It is worth noting that the traditional news features on Scottish athletes are increasing but with that brings increased scrutiny, something we need to be prepared for. However, a great positive overall for the sport in Scotland.

Coaching

We were delighted to be able to recruit one of the best performance and coaching leads in the world last year, with Stephen Maguire commencing his role as Director of Performance and Coaching in September 2018. Since then Stephen, has undertaken a full review of all performance and coaching programmes as well as structures and delivery of programmes. These changes will impact mostly during the 2019/2020 year but since his appointment there has certainly been a much greater emphasis on coaches mentoring coaches with coach development remaining vital to our work. The aim is very much to ensure that all coaches are recognised equally, and it is vitally important that Scotland has highly skilled coaches working at each stage of the athlete pathway and within clubs, in essence creating expert U12 coaches, expert U16 coaches as well as expert coaches working at U20 and senior levels.

Coach Qualifications

Following a review of the qualifications programme by the Director of Performance and Coaching, a significant evaluation on how we deliver these qualifications in Scotland in the future will now take place. For the time being we continue to deliver the UKA qualifications pathway but there is now a review of the UKA qualifications programme with an independent reviewer (Malcolm Brown) as well as positive discussions between **scottishathletics** and World Athletics (formerly IAAF) about the potential to

work in partnership together. In respect of the existing delivery of UKA qualifications, throughout the year courses were delivered and completed (*attended numbers higher*) by 963 teachers, leaders and coaches in:

Event Group (level 3)	32
Athletics Coach and Coach in Running Fitness (level 2)	100
Coaching Assistants (level 1)	179
Jog Leaders	259
Leading Athletics	267
Teachers / Future Teachers	126

We are very grateful to **sportscotland** who continued to invest into coach education by offering a 60% subsidy for those who meet the set criteria. The focus is on supporting coaches who are committed to gaining level 2 qualifications and beyond.

Coach Development

Whilst the qualifications pathway is very important and provides a marker in the sand at that point in the coach's learning, we continue to hold a strong belief within the organisation that whilst qualifications are important, ongoing learning by coaches is more critical for any longer-term success within the sport, ensuring our athletes realise and maximise their potential.

Over the past year we have re-worked our delivery model to ensure that coaches are linked in to the appropriate programmes, whether locally, regionally and nationally. More than 400 individual coaches engaged in ongoing coach development programmes beyond the qualifications programme last year. Delivery included a series of workshops and programmes covering:

- Technical workshops and coaching clinics
- Masterclasses with guest coaches
- Athletic Development and Physical Preparation courses (Levels 1-4)
- National Training Days (by event group with athletes and coaches)
- Education sessions at the National Academy days

Programmes and staffing roles continue to evolve to ensure greater investment directly into, and a much more effective programme of ongoing learning is available for, coaches in 2019/20.

Officials

Once again, we would like to place on record our thanks to our Officials Commission and army of volunteer officials who continue to play an integral role in the success of athletics in Scotland. Officiating at our championships, international events and local

club events is a mammoth task across the year and regardless of location and conditions, officials from across Scotland are providing vital expertise to our sport. We are also blessed to have some of the best officials in the world based and working in Scotland, this was most evident when more than 30 Scottish officials were recruited to officiate at the European Indoor Championships in Glasgow, congratulations to everyone involved.

However, the growth in membership and events places additional demand on our officials and therefore it is crucial to place more focus on the recruitment and retention of officials across Scotland and within clubs. To support our officials and clubs we have invested in a full-time Officials Recruitment and Development Officer in the last year.

The new role concentrates on developing programmes which helps clubs attract and support officials. This gives them the confidence to develop at their own pace and provides guidance locally on how they can develop and potentially progress in officiating.

The first of these initiatives was our “Club Officials Mentoring Programme”. This programme is delivered on a club night during the club’s training session and is shaped to meet the needs of the club and volunteers. The aim is to take the fear factor away from parents/volunteers and give them more confidence to volunteer and officiate. They are supported by local mentors to obtain their Assistant Officials Licence and gain their experiences. There are a number of clubs currently signed up and we would be delighted to hear from any others that are interested.

We are now also reviewing administration and support processes to ensure more officials obtain their licence through UK Athletics following their attendance at a course, and more efficiently. In addition to supporting existing officials to gain or retain their licence and move on up the pathway we continue to deliver CPD for existing Officials. In addition to our Annual Conference in October each year we are now also delivering an annual National Training Day which this year had nearly 100 attendees.

At the start of 2019 we delivered Level 1 courses in all disciplines on the morning of our Indoor Championships. This meant that candidates could see, and even help out at the event in the afternoon gaining invaluable experience. This change, alongside the promotion of opportunities to gain experiences, led to an increase of 18 new people working across our Championships during the indoor season.

Events

“Competition, it’s what we train for”. Very much the promotional message to all members of **scottishathletics** for the past few years. Clubs and athletes have certainly risen to that challenge with strong numbers across all events, but particularly in all cross country events and the shorter road events (5K, road relays, young athlete races).



We would like to thank and recognise the important role of our four commissions (Officials, Hill Running, Road Running and Cross Country, and Track and Field) in driving forward our events programme with more than 35 national championship events across all disciplines in the annual fixture calendar, quite an undertaking. In particular, the work of our commission conveners and their respective teams plays a significant role in supporting the staff team and volunteer networks to deliver strong competition programmes.

After a consultation period in 2017, we introduced the national event specific series last year. The new concept for all clubs in Scotland to encourage athletes of all levels to compete in identified track and field events. The programme provided opportunities for individual athletes to be scored and compared across events and event groups, clubs compared by category as well as by performance, and the mantra that “every performance counts” with scoring for every performance no matter what level achieved. We will refine again for 2019 but the overall statistics were encouraging with 2,046 athletes from 97 clubs recording 7,101 performances as part of the series.

On the back of the event specific series consultation, a number of clubs and individuals had requested more structured competition opportunities for U11 athletes in clubs. As a result, in January 2019, we produced the new U11 Competition Framework as a guideline for clubs.

SUPERteams (U12 format) also continues to break entry records both indoors and outdoors operating at full capacity which is encouraging for the longer term health of our sport.

In 2018, to encourage more athletes competing at a higher level to compete at the Scottish national track and field championships, a prize pot of £2,000 was introduced to be split across those attaining a qualifying standard performance (based on the European U23 standards). The initiative certainly worked with seven GB & NI internationalists from



Scotland flying in to attempt a prize pot performance. While many came within a fraction, it was Nick Percy (discus) who walked away with a £2,000 cheque. As well as continuing with this initiative in 2019, to be fully inclusive, para standards will also be introduced.

Another positive development arising through the work of the Road Running & Cross Country Commission was the introduction of equalising of race distances across all age groups for males and females. This also coincided with an increase in team medals made available to the senior women's race at the Lindsays National Cross Country Championships. The move to five athletes to count in the team competition resulted in the same number of finishing teams as the previous year plus an increase in event entries. A development that we will continue to review but a positive result in 2019.

Athletes

A significantly busy year for Scottish athletes on the global stage once again last year with the additional highlight of a Commonwealth Games in Australia. Records came tumbling down across a number of disciplines and age groups, demonstrating the depth in talent coming through the system at present. There were also new records in terms of representation with 17 athletes selected for the European Championships in Berlin and a record five medals, along with our greatest ever number of athletes (nine) selected for the European Indoor Championships in Glasgow, again with five medals. Whilst the key athlete performances are documented in the various commission reports and within the roll of honour, it is certainly worth recognising the following major performances in 2018/19:

Commonwealth Games (Gold Coast, Australia) - Scotland successfully achieved our greatest medal haul since 1990 with five medals:

- Eilidh Doyle (400m Hurdles silver) – Pitreavie AAC
- Maria Lyle (T35 100m silver) – Team East Lothian
- Mark Dry (Hammer bronze) – Shettleston Harriers
- Jake Wightman (1500m bronze) – Edinburgh AC
- Robbie Simpson (Marathon bronze) – Deeside Runners

Derek Rae (Fife AC) secured an impressive victory in the Virgin Money London Marathon men's World Para Athletics Marathon Cup T45/46 classification in a time of 2:36:13.

European Championships where Scotland had its greatest ever GB & NI team representation with 17 athletes selected and successfully achieved our greatest medal haul with five medals;

- Laura Muir (1500m gold) – Dundee Hawkhill Harriers
- Eilish McColgan (5000m silver) – Dundee Hawkhill Harriers
- Eilidh Doyle (4x400m Relay silver) – Pitreavie AAC
- Zoey Clark (4x400m Relay silver) – Aberdeen AAC
- Jake Wightman (1500m bronze) – Edinburgh AC

Seven Scots competed at the World Para Athletics European Championships in Berlin with a remarkable seven medals;

- Maria Lyle (100m gold) – Team East Lothian
- Gavin Drysdale (RaceRunning 100m gold) – Red Star AC



- Hannah Dines (RaceRunning 100m gold) – Red Star AC
- Kayleigh Haggo (RaceRunning 100m silver) – Ayr Seaforth AC / Red Star AC
- Jo Butterfield (Club Throw bronze) – Forth Valley Flyers
- Ross Paterson (100m bronze) – Red Star AC
- Stef Reid (Long Jump bronze) – Charnwood AC

Also, the summer of 2018 saw the following results:

- Charlotte Morgan of Carnethy HRC won the WMRA World Long Distance Mountain Running Championships in Poland in June.
- Two Scottish athletes won medals with the GB & NI team at the INAS European Summer Games in France. Fife AC's Sam Fernando won a bronze medal in the 10,000m then won steeplechase gold. Nathan Fleetwood (Whitemoss AAC / Red Star AC) took bronze in the 100m.
- Jemma Reekie (Kilbarchan AAC), Beth Dobbin (Edinburgh AC) and Neil Gourley (Giffnock North AC) claimed bronze medals at the inaugural Athletics World Cup in London in July
- Alisha Rees (Banchory Stonehaven AC) won a World Junior bronze medal as part of the women's 4x100m Relay team and Erin Wallace (Giffnock North AC) was 7th in the 1500m
- Kane Elliott (Falkirk Victoria Harriers) won the European Youth Championships 1500m title, in a Championship Record time of 3:55.26.

- Scots picked up four gold, six silver and seven bronze medals at the 2018 British Senior Championships in Birmingham in early July with eight gaining automatic selection for the European Championships.
- Jacob Adkin (Edinburgh University / Moorfoot Runners) finished 6th in the World Mountain Running Championships.

Scottish athletes also achieved five medals (nine athletes selected) at the European Indoor Championships in Glasgow;

- Laura Muir (1500m and 3000m gold*) – Dundee Hawkhill Harriers
- Chris O'Hare (3000m silver) – Edinburgh AC
- Eilidh Doyle (4x400m Relay silver) – Pitreavie AAC
- Zoey Clark (4x400m Relay silver) – Aberdeen AAC

*Laura's 1500m and 3000m golds were a historic first-ever double-double at the European Indoor Championships. Also note that Laura finished the 2018 summer season as Diamond League winner and World number one over 1500m.

Not only have we witnessed success across all disciplines as well as at junior and senior level, we should not underestimate the significance of performances at World Masters level with a stunning haul of medals at the home nation events as well as in global championships.

We should always recognise the performances and contribution from Scottish coaches. Whilst the athletes are undoubtedly delivering on a global level,

“Whilst the athletes are undoubtedly delivering on a global level, Scottish coaches are having a massive impact on those athletes and improving year on year.”



Scottish coaches are having a massive impact on those athletes and improving year on year, thank you. Because of our coaches, Scotland continues to be the strongest athletics nation in the UK based on population percentages against performances. Alongside the recognition, one of the outcomes from the new strategy is to explore more opportunities for Scottish athletes to compete at a European level and these discussions are ongoing.

We should also note that there were a number of Scottish coaches impacting within GB & NI teams over the past year. Ian Mirfin was a key part of the GB & NI team at the WPA European Championships, Mark Pollard was team manager for the U20 women for the European Cross Country Championships, Stephen Maguire led the UK-wide sprints and relays programme, and Darren Ritchie was involved with the World Junior team last summer as Team Coach. From a communications perspective, Peter Jardine was part of the official GB & NI staff at championships over the summer.

Lastly, unprecedented numbers of national records were broken throughout the year across all age groups, and the Roll of Honour section and the Commission reports will further detail the specific performances across the disciplines. We congratulate all the Scotland team members for their outstanding performances, and those who have coached and supported them during that period.

Facilities

We are now three and a half years into our National Facilities Strategy and it is refreshing to see some continued investment into the sport, however, there have undoubtedly been challenges over the last year as well.

Glasgow continues to be an ongoing issue for the sport, and we are continually working to address those challenges. Particular concerns include the gradual phasing out of athletics at Scotstoun, despite it being the home of a 600+ membership club. Discussions are ongoing about solutions but

the only one that would suit both sports is for a new Scotstoun to be created for athletics in the back fields with appropriate indoor training space for the club(s) and stands to enable a Scottish championship to be delivered. We also face the challenge of the Emirates Arena and their financial income requirement to attract major events to the arena to ensure the facility can stay open. Whilst we are delighted that Glasgow Life and the city council continue to attract major indoor athletics events to the world class arena, athletes and coaches are unable to access the facility with any consistency before the Christmas period. This has serious consequences for our sport. The only solution that we can see just now is that the government must invest in a second indoor training arena in Scotland. Discussions are progressing on this topic.

On a positive, in Glasgow, it was refreshing to see the work of John Melvin and the Glasgow Pole Vault School and various coaches investing their own time and resources into Tollcross, where they have built their own pole vault and high jump training facility.

We have however witnessed good progress and investment into the following projects:

Caird Park (Dundee) construction is well under way with the indoor training straight alongside the new track. This will open around October 2019.

Meadowbank has had its difficulties in respect of planning and lobbying groups over the last year but is now closed for re-development with a new contemporary indoor training area planned alongside a new throws area (135m long). We believe this is not likely to open until late 2020 however.

Kilbarchan AAC have almost fundraised the required £1.3 million for a new indoor straight at their Linwood home which is a phenomenal achievement. We are working to support the club to help them get this project over the line as it's so close.





There has been a committed investment into Posties Park for a new synthetic 400m track in Dumbarton.

Another good example of a club investing in its own training facilities was the fundraising undertaken by Team East Lothian who successfully fundraised a new cover for their stand at Meadowmill.

We were delighted to be made aware that Scottish Borders Council will be delivering a number of compact athletics facilities across their school sites over the next 18 months providing a strong network of facilities for the area.

There are also new plans by South Ayrshire Council to relocate the Dam Park running track and stand to another site because of a wider development. We will continue to liaise with the council and the club to ensure any new facility is fit for purpose.

The proposal to develop the new indoor regional centre at Inverness (Queens Park) continues to stall over funding challenges and regional priorities, and we await a decision on future plans which has been a frustration for everyone involved. This remains a priority for **scottishathletics**.

We will also continue to work with clubs and facility providers locally to support where challenges exist, predominantly around maintenance, access and costs.

Schools

Athletics in schools remains a key introductory opportunity for the sport in Scotland as well as important development tool for young talent. We are indebted to the fantastic work and organisation of the Scottish Schools Athletic Association (SSAA) who provide an excellent series of events each year. With the change in approach around the investment into the Celtic Games, the SSAA schools international competitions now provide the key introduction to international athletics in Scotland for young athletes and **scottishathletics** will work hard to support the SSAA in this area.

scottishathletics continues to deliver teacher and future teacher education support to around 200 teachers annually and work closely with Active Schools and local authorities around the annual primary school Sportshall programme. Again this year, 30 local authorities participated in cluster events with an estimated 6,200+ children participating nationally. The secondary school National Giant Heptathlon competition was also delivered with 22 local authorities competing.

Partnerships and local support remain key and **scottishathletics** would like to extend our thanks to the many volunteers, clubs and teachers that assisted in the delivery of Sportshall and Giant Heptathlon

Welfare and Equalities Update

It has been another busy year for our welfare team who offer guidance and support to every athletics club in Scotland on safeguarding children and protecting adults at risk. The team has seen a steady increase in enquiries as our affiliated clubs seek advice and work to develop and improve their local procedures. In addition, the team has worked diligently to ensure that in early 2019 **scottishathletics** became 100% compliant with the national standards for child wellbeing and protection in sport, which is a significant step in our welfare development strategy.

A key strand of this strategy is education and in April this year we introduced mandatory safeguarding training for all licenced coaches and jog leaders. The online course focuses on identifying and responding to abuse and moments of crisis in a child's life. However, it is as important that we develop a culture where club leaders and their members can confidently recognise and challenge poor practice that puts children at risk, and in March we delivered our first club welfare officer seminar which focused on identifying and managing practice concerns.

Our equality work continues to lead the way on a national front. Falling into line with the move by the Road Running and Cross Country Commission to equalise the distance for senior men and women at the Lindsays National Cross Country a couple of years ago, all race distances have now been equalised for male and female athletes across all age groups at the District Cross Country Championships since December 2018. The 2019 National Cross Country also saw the introduction of the pilot to increase the number of medals awarded to the senior women team from four to five.

With the assistance of external Equality Partners, **scottishathletics** have produced Equality Guidance for Clubs to provide support and advice on all the protected characteristics covering the Equality Act 2010.

This all coincides with the submission for the Advanced Level of the Equality Standard for Sport. Our thanks to everyone who has been involved in the assessment process so far.

jogscotland and Recreational Running

jogscotland's growth was again extremely high and representative of the great work across the jogging groups and staff within jogscotland. In the past year 5,940 new members joined – 1,128 male and 4,812 female. Our partnership with the Scottish Association for Mental Health (SAMH) continues to be groundbreaking. In the last 12 months we have seen **scottishathletics** (jogscotland) be the first sport to sign up to the Mental Health Charter, as well as training over 639 jog leaders in mental health awareness. Further examples of the work being delivered in partnership with SAMH are highlighted below, with particular notice given to the 'I'm Here' and 'Sammy's Road Trip' campaigns. This work was highlighted through a parliamentary reception hosted by SAMH.

From a programmes perspective the priority remained supporting new and existing Jog Leaders, jogscotland groups and members, and delivering the Mums on the Run and Jogworks programmes. It is fantastic to continue to watch thousands of jogscotland groups and members participate in hundreds of running events across the country each year and the engagement with jogscotland projects, as highlighted below, is hugely encouraging.

jogscotland also continues to impact significantly around some of our equality and diversity work and we were delighted to be in receipt of £70k funding over two years from the Changing Lives Fund in partnership with SAMH. The funding has allowed us to launch a Community Strides Project and recruit two project workers to engage with participants from BME communities. We are grateful to the funders – Spirit of 2012, Scottish Government, **sportscotland** and Robertson Trust for supporting our funding bid.

Below is a summary of some key work delivered through jogscotland over the reporting year:

SAMH Mental Health Charter for Sport –

jogscotland were the first organisation to submit an action plan as part of our commitment to the Charter. Key themes of our plan are to raise awareness of mental health, provide education to Jog Leaders and groups and identify mental health champions.

Dundee Frontrunners – As part of our equality and inclusion fund we launched a new jogscotland group in September 2018 with support from DW Sport.

Sammy's Road Trip – 30 groups across Scotland signed up to participate in this initiative to encourage conversations about mental health in their groups. 100% felt it had a positive impact on their group and said it helped them to have open conversations about mental health. The trip finished with 'Let's have a Cuppa' week with SAMH fundraising £500 during mental health week.

Active Girls Day – In October 2018, five sessions were delivered across the country with additional support need schools helping develop our understanding of how junior jog can be adjusted to be more inclusive

I'm Here – This campaign to raise awareness of mental health and recognise Jog Leaders that have completed mental health training was launched in January 2019 with 75 groups signing up to take part. Over 140 individual Jog Leaders took the I'm Here pledge.

- 23.5% of groups saw an increase in engagement from new or lapsed members
- 70% had a member of their group talking to them about their mental health
- 70.6% felt wearing the badge gave them more confidence to talk to people about mental health.

Community Strides Project – Our Community Strides Coordinators are targeting four main cities through the project - Edinburgh, Glasgow, Dundee and Aberdeen. With BME groups launched in all areas we are developing a deep understanding of the barriers to participation for those in BME communities. In April 2019, Claire Haughey, Minister for Mental Health, visited the Community Strides project and was blown away by the passion of the staff for the work they do. Subsequently the work of jogscotland was mentioned in the Changing Lives Parliamentary debate.

Research – Working with the University of Scotland three surveys were conducted with members and leaders over a year. Data gathered suggested that the leaders created the right environment which boosted motivation, reduced perceptions of body fat, improved self-esteem, reduced feelings of loneliness and improved people's intentions to keep jogging. This research is now being used to help share future education and learning opportunities for Jog Leaders.

GP Referrals – In partnership, pilot groups have been identified across Fife with interviews taking place with local GPs and patients to identify appropriate GP referral pathways to community activity. Several Jog Leaders are inputting into the pilot.



Governance

The Board, chaired by Ian Beattie, continues to work in partnership with the commissions, the sport, staff and partners to provide the leadership and strategic direction of the organisation. The Board continue to work to ensure that the sport is heading in the same direction with the priorities remaining to deliver our business objectives, support our membership and continue to activate key programmes and events that help athletes, coaches, clubs, officials and volunteers to grow and develop.

We are also delighted that the AGM ratified a second term as non-executive director for Alison Johnstone MSP as well as the appointment of new non-executive director, Eilidh Doyle and new company secretary (replacing David Lindgren), Laura McCallum.

A key role of the Board and staff is to ensure that athletics in Scotland remains high on the political agenda. We are pleased to note that the organisation has built a strong and transparent relationship with the new Minister for Public Health, Sport and Welfare, Joe FitzPatrick, as well as other key cabinet ministers. Our relationship with **sportscotland** continues to prove strong as well as with other key national partners.

As many will be aware, our relationship with UK Athletics has been tested over the period which ultimately led to the removal of the new UKA Chair, Richard Bowker by the UK Members Council which includes the four home country chairs. The proposal by UKA to take over all home country activities and the behaviour demonstrated by the Chair and CEO during that period, also led to UKA CEO, Niels De Vos moving on as well. We are positive that this important relationship has and will improve over the next period.

Last year also proved challenging financially for the organisation with the **sportscotland** investment remaining at the reduced amount of £890,000 instead of £1,030,00 (2015-17). Despite that challenge, **scottishathletics** were very efficient with our spending and remain in a strong position as we continue to

deliver against our national strategy outcomes. We are continually streamlining activities and structures accordingly as well as driving forward our relationships with new commercial partners.

As with previous years, we have also sadly mourned a number of key contributors across all levels of athletics. Our thoughts continue to be with all their families and friends. Gone, but never forgotten.

Partnerships

Partnerships are essential for the effective delivery of our work and outcomes. Again, in 2018/19 we proactively and strategically spent time servicing existing partnerships as well as trying to attract new commercial partnerships. Without our partners we would be unable to deliver a number of our objectives and the scale of our investments would be greatly reduced. To that end, we are delighted to have commenced our new national team sponsorship with Joma as well as extending the deal to 2022. We have also extended our winter cross country series partnership with Lindsays for an increased value (new four-year deal), extended the partnership with SAMH and attracted a new partner for the National Academy through 4J Studios (impacting 2019/20 financial year).

During the 2018/19 financial year the following organisations have been pivotal to our work:

- Clubs
- **sportscotland**
- Scottish Government
- Local Authorities and Leisure Trusts across Scotland
- Lindsays
- FPSG Professional Recruitment
- Scottish Association for Mental Health
- Voice Mobile
- DW Sport and Fitness
- Brand Oath
- Vinco
- Joma

To finish, whilst we reflect positively on a very successful year across all areas of the sport, it is important we continue to work together to ensure that success continues, and to ensure the effective delivery of our new strategy, ***Building a Culture of Success***. Our priorities should not change significantly, and we are committed to ensuring our focus remains on supporting our membership and continuing to activate key programmes that help athletes, coaches, clubs, club leaders, officials and volunteers to thrive and grow.

The Board and staff are very focused to ensure our sport continues to lead the way nationally. That success can only ever be attributed to those out there doing it and making it happen you thank you once again.

Mark Munro
Chief Executive Officer

Hill Running Commission Report

Scotland's athletes in GB hill running teams enjoyed great success in 2018. The standout result was Charlotte Morgan's individual triumph at the World Long Distance at Karpacz in Poland in June, building on her strong showing in the 2017 event. The British women's team at the event also included Georgia Tindley and brought home team silvers. In the men's race Murray Strain in 8th place was the top GB finisher. At the European Championships in Skopje in Macedonia in July, in the junior women's race, Anna Macfadyen was the leading Brit home as she swept to an individual silver, supported by Lauren Dickson in 8th, and both gaining team silver. Andrew Douglas led the UK senior men's team home, as he had done in 2017, in 5th place, with the team also picking up silver medals. In the junior men's race, Joshua Boyle was the fourth UK finisher as the team took gold medals. The World Championships took place in Canillo, Andorra, in September. In the senior men's team Jacob Adkin joined Andrew Douglas, and stormed to an individual 6th place with Douglas in 25th place. Dickson and Macfadyen were again Scotland's athletes in the junior women's race, finishing in reverse order from their European results.



The Senior Home International in 2018 was held in June at Sedburgh, and Scotland's men's team returned with silver medals, missing gold by a single point, led by Andrew Douglas with an individual gold on the back of altitude training in Colorado. The rest of the men's team was made up of Ewan Brown (6th), Ross Gollan (7th), Murray Strain (8th) and James Espie (13th). The women's team earned a set of bronze medals, with fine individual performances from Georgia Tindley (8th), Ruth Joss (12th), Steph Provan (13th) and Kirstie Rogan (14th).

The Junior Home Internationals took place in the Wicklow Mountains outside Dublin in September, and contested between Under-17 and Under-20 teams of boys and girls. In an outstanding demonstration of team strength, Scotland brought home the overall City of Edinburgh Trophy for the first time since 2010, as well as each group bringing home team medals: gold for each of U17 girls and boys, and silver for each of U20 girls and boys. Individual medals were a gold for Sunny McGrath (U17 boys) and a silver for Pippa Carcas (U17 girls).

The World Youth Cup was held in Lanzada in Italy in June. This race for 16 and 17 year olds is a first taste of international competition for the best in their age group. The girls' team of Lynn McKenna, Rhona Mowat and Zoe Nicholson placed 7th, while the boys' team of Robert Sparks, Sunny McGrath and Jack Trainer placed 9th.

The Snowdon International Race is an annual feature for Scottish teams, and combines top level competition with a mass-participation event. The standout Scottish result this year was second place in the women's race for Miranda Grant in a team completed by Jill Stephen and Steph Provan also in the top ten. In the men's team, Al Anthony was 11th, Robert Simpson 14th and Murray Strain 17th.

In domestic competition, the Scottish Senior Championships were held over the Ochil 2000s, with Andy Fallas and Catriona Buchanan the individual champions.

Hugh Buchanan
Convenor



Roll of Honour 2019

Hill Running

World Long Distance Mountain Running Championships in Poland in June 2018

Charlotte Morgan *gold, team silver* 🥇 🥈

Murray Strain *team silver* 🥈

Georgia Tindley *team silver* 🥈

European Mountain Running Championships in Macedonia in July 2018

Josh Boyle *team gold* 🥇

Lauren Dickson *team silver* 🥈

Andy Douglas *team silver* 🥈

Anna Macfadyen *silver, team silver* 🥈 🥈

World Mountain Running Championships in Andorra in September 2018

Jacob Adkin

Lauren Dickson

Andy Douglas

Anna Macfadyen



Track and Field

Commonwealth Games in Gold Coast in April 2018

Kirsten McAslan 4x400m Relay

Chris Bennett Hammer

Amy Carr T38 Long Jump

Zoey Clark 400m, 4x400m Relay

Eilidh Doyle 400m Hurdles *silver*,
4x400m Relay 🥈

Mark Dry Hammer *bronze* 🥉

Callum Hawkins Marathon

Sammi Kinghorn T54 1500m, T54 Marathon

Guy Learmonth 800m

Maria Lyle T35 100m *silver* 🥈

Nikki Manson High Jump

Holly McArthur Heptathlon

Eilish McColgan 1500m, 5000m

Chris O'Hare 1500m

Beth Potter 10,000m

Lynsey Sharp 800m, 4x400m Relay

Robbie Simpson Marathon *bronze* 🥉

Allan Smith High Jump

David Smith High Jump

Kelsey Stewart 4x400m Relay

Steph Twell 1500m, 5000m

Lennie Waite 3000m Steeplechase

Jake Wightman 800m, 1500m *bronze* 🥉

IPC World Marathon Cup in London in April 2018

Derek Rae *gold* 🥇

European 10,000m Cup in London in May 2018

Luke Traynor

Halle Throws Event in Germany in May 2018

Mark Dry

Chris Bennett



Loughborough International in May 2018

GB & NI Juniors

Declan Gall 4x400m Relay

Michael Olsen 4x100m Relay

Alisha Rees 4x100m Relay

Alessandro Schenini Long Jump

Mannheim Gala in Germany in June 2018

GB & NI Juniors

Michael Olsen 100m, 4x100m Relay

Alisha Rees 200m, 4x100m Relay

European Youths in Hungary in July 2018

Kane Elliott 1500m *gold* 🥇

World Juniors in Finland in July 2018

Michael Olsen 4x100m Relay

Alisha Rees 200m, 4x100m Relay *bronze* 🥉

Erin Wallace 1500m

Athletics World Cup in London in July 2018

Zoey Clark 4x400m Relay

Beth Dobbin 200m *bronze* 🥉

Neil Gourley 1500m *bronze* 🥉

Jemma Reekie 800m *bronze* 🥉

INAS European Summer Games in France in July 2018

Sam Fernando 10,000m *bronze*, 🥉

5000m, 3000m Steeplechase *gold* 🥇

Nathan Fleetwood 400m, 200m,
100m *bronze* 🥉

U20 International at European Championships in Germany in August 2018

Calum Henderson Long Jump

European Championships in Germany in August 2018

Chris Bennett Hammer

Zoey Clark 4x400m Relay *bronze* 🥉

Beth Dobbin 200m

Eilidh Doyle 400m Hurdles, 4x400m
Relay *bronze* 🥉

Kirsty Law Discus

Guy Learmonth 800m

Nikki Manson High Jump

Kirsten McAslan 400m Hurdles, 4x400m Relay

Eilish McColgan 5000m *silver* 🥈

Laura Muir 1500m *gold* 🥇

Chris O'Hare 1500m

Jemma Reekie 1500m

Lynsey Sharp 800m

Allan Smith High Jump

David Smith High Jump

Steph Twell 5000m

Jake Wightman 1500m *bronze* 🥉





Manchester International in August 2018

GB & NI Juniors
Erin Wallace 1500m

CPISRA World Games in Spain in August 2018

Nathan Blackie T34 1500m *silver*,
800m *bronze*, 400m *silver*, 200m *bronze*,
100m *silver* 🥈🥉🥈🥉

Lewis Clow T37 Long Jump *bronze*, 100m 🥉

Graham Condie F32 Discus *gold*,
Club Throw *bronze* 🥇🥉

Gavin Drysdale RR3 100m *gold* 🥇

Connaire McLindon F37 Javelin, Shot, Discus

Abbie McNally T37 200m *gold*,
100m *silver*, Long Jump *silver* 🥇🥈🥉

Ross Paterson T38 400m *bronze*,
200m *bronze*, 100m 🥉🥉

Kirsty Soutar F32 Club Throw, Discus

Ewan Waite T38 1500m, 800m *bronze* 🥉

Shelby Watson T33 1500m *gold*, 800m *gold*,
400m *gold*, 200m *gold*, 100m *gold* 🥇🥇🥇🥇🥇



WPA European Championships in Germany in August 2018

Jo Butterfield Club Throw *silver* 🥈

Hannah Dines RR3 100m *gold* 🥇

Gavin Drysdale RR3 100m *gold* 🥇

Kayleigh Haggio RR3 100m *silver* 🥈

Maria Lyle T35 100m *gold* 🥇

Ross Paterson T38 400m *silver*, 200m 🥈

Stef Reid T64 200m, Long Jump *bronze* 🥉

Libby Clegg T11 100m, 200m

(selected but withdrew)

Combined Events International in Wales in January 2019

Howard Bell

Scott Brindley

Joel Macfarlane *bronze* 🥉

Andrew Murphy

European Indoors in Glasgow in March 2019

Andy Butchart 3000m

Zoey Clark 400m, 4x400m Relay *silver* 🥈

Eilidh Doyle 400m, 4x400m Relay *silver* 🥈

Neil Gourley 1500m

Guy Learmonth 800m

Eilish McColgan 3000m

Laura Muir 3000m *gold*, 1500m *gold* 🥇🥇

Chris O'Hare 3000m *silver* 🥈

Jemma Reekie 1500m

European Championship Medal Upgrade (Spain 2010)

Lee McConnell 4x400m Relay
silver (from bronze) 🥈

Ultra Running

IAU European 24-Hour Championships in Romania in May 2018

James Stewart team *silver* 🥈



IAU World 100km Championships in Croatia in September 2018

Rob Turner

Trail Running

IAU/ITRA World Trail Championships in Spain in May 2018

Rachel Campbell

Casey Morgan *team silver* 🥈

Tom Owens *team silver* 🥈

Rob Sinclair *team silver* 🥈

Ryan Smith *team silver* 🥈

Road Running

Commonwealth Half Marathon in Wales in October 2018

Scotland Selections

Fiona Brian

Mike Crawley

John Newsom

Annabel Simpson

Steph Twell

Kenny Wilson

Kyle Brotherton Wheelchair Race

Cross Country

Euro Cross in Holland in December 2018

Junior Women: **Anna Macfadyen** *team gold* 🥇

Mixed Relay: **Jamie Williamson**

Great Stirling Cross in January 2019

Mixed Relay: **Laura Muir** *team gold* 🥇

Mixed Relay: **Jamie Williamson** *team gold* 🥇

World Cross in Denmark in March 2019

Senior Women: **Mhairi MacLennan**

Senior Men: **Luke Traynor**

Junior Women: **Eloise Walker**



Road Running and Cross Country Commission Report

The strategic role of the Road Running and Cross Country Commission is to increase participation, improve the quality of performance, increase our representation in Great Britain international teams and improve our international results. Over the years, the statistics for participation, particularly in cross country events, have been collected and published on the Commission's website at <http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>

With good underfoot conditions and benign weather the National Cross Country Championships attracted a record 1,874 competitors. The women had a record entry of 319 with Steph Twell, a rare visitor to Scotland, and Adam Craig first time winners of the senior women's and men's championship, respectively. Congratulations must go to Central AC on winning 10 senior men's team titles and to Fife AC on winning their first women's team title.

At Lanark Racecourse, where the Short Course Cross Country Championship was held for the first time, Sol Sweeney and Jemma Reekie were first time winners of the championship. It is planned to alternate the championship between Kirkcaldy and Lanark in future years

Alison McGill and Michael Wright were first time winners of the marathon title in Stirling as was Luke Traynor at the half marathon in Glasgow where Fionnuala Ross retained her title.

The Commission stages two championships in Trail Running. The Ultra Trail Race, staged between Milngavie and Tyndrum, was won by Kyle Greig and Nicola Adams-Hendry and the Mid Trail Championship, hosted by Fife AC at Falkland, was won by Kristian Jones and Lauren Dickson.



We would like to thank Scottish law and property firm Lindsays for their generous sponsorship. Their support helped us to stage the following events promoted by the Commission: the Short Course, the National Cross Country, three Districts (East, North and West), the Inter-District, the Masters, three District Relays (East, North and West) and National Relays. In addition, there is a Grand Prix Series for seniors based on the Short Course, District, Inter-District and National, and a Team Challenge based on the relays and the Short Course Championships. The Grand Prix helps focus the quality of participants into these events. In road running the Commission promotes championships at: 5K, 10K, 10 miles, half-marathon, marathon, 50K and 100K with a Grand Prix Series based on the first five of these events.

For the first time the Inter District, held in conjunction with the Great Run Cross Country International, was staged in Kings Park, Stirling.

Again, we are indebted to our sponsors: Falkirk District Council (National XC), South Lanarkshire Council (National Short Course XC), West Lothian Council (National Road Relays), and North Lanarkshire Council (National XC Relays) for their continued support in these difficult economic times.

Finally, I would like to once again congratulate Alex Jackson on his MBE, awarded in the 2018 honours list, for his services to Cross Country. Without Alex and the many people who contribute to the successful running of the road and cross country season the sport would not continue to thrive – my thanks to you all.

John Rodger
Convenor



Officials Commission Report

Each year continues to provide exciting challenges and opportunities for our experienced Officials and the past year has been no exception. Early March 2019 saw The Emirates Indoor Arena host and deliver with incredible efficiency the European Indoor Athletics Championships. Once again 30+ of our 'World Class' Officials, including six of our 'young officials' were selected to be involved with the delivery of these wonderful Championships, one of whom as Technical Manager with responsibility for everything to do with equipment across all areas. All Disciplines, including Photofinish, Video Room, TIC, Call Room, Track, Field, Start Team, Technical and Warm Up venues incorporated our wonderful Officials. Many others participated as European Volunteers performing with tremendous pride and enthusiasm. The camaraderie that exists within our Officiating Community is simply second to none and every single individual is to be applauded.

The LOC (including UKA) were yet again hugely impressed with the delivery of the full programme of events by all Officials and were keen to recognise and acknowledge the talented group of individuals who are the (*best in the World*) Officials. Those who reach and officiate at the highest level identify it to be an incredibly rewarding experience.

Despite challenges with the recruitment and retention of new Officials our existing very experienced colleagues, to their immense credit, continue to deliver a superb programme of competitions, across the range of Disciplines at all levels, throughout the country in all weather conditions. However, it has been apparent during the last year that new recruits are slowly becoming more evident, hopefully spurred on by events such as the European Championships in our own back yard as well as the continued reward scheme of kit for those who commit to a number of Championships and other events. A well-packed programme of Education and Training continues to be delivered each year up and down the country.

Once again in 2018 our Officials benefitted from the continuation of their annual Conference at the Carnegie Conference Centre in Dunfermline. This event offers the opportunity of networking, good practice sharing, participation workshops covering all disciplines as well as the very important socialising aspect. Grant Plenderleith, GB & NI Internationalist, one of our Key Speakers to the Conference very ably held the attention of all present when delivering his presentation as well as his thanks.

Recognition of our Officials for giving beyond the minimum is acknowledged during the **scottishathletics** Annual Awards Dinner in October each year and 2018 saw Ian McWatt (Photofinish) awarded *posthumously* the Raymond Hutcheson Trophy for Services to Officiating. The Technical Official of the Year was no other than myself so many thanks to all who voted. Other nominations were Dave Finlayson (Photofinish) and Mike Burns (**scottishathletics** Course Measurement Co-ordinator). Many congratulations to both. Please note that there are very many worthy candidates in our community who equally should be recognised.

An Annual Report would not be complete without appreciating the massive support and commitment of our Officials' Commission who meet regularly throughout each year to discuss and debate the finer aspects of everything 'official' as well as selecting and allocating officials to all Championship events for the Indoor and Outdoor seasons. The time which is given by all Heads of Discipline and supporting colleagues who sit on the Commission is immense and hugely appreciated.

Many thanks must also go to the work of the Track and Field Commission in providing continued support to ensure a sensible working day for our officials. Without our Events Team our Championships would not happen so their efficiency and effectiveness is also acknowledged.

Margaret Brown
Convenor

Track and Field Commission Report



This has been a year of continued development within the Commission, which works with **scottishathletics** to deliver a competitive pathway, meeting the needs of athletes at every stage of their development. Following a recruitment process, four new members were invited to join the Commission and they will make a valuable contribution to the work of the commission.

On the domestic front there was continued progress in improving meaningful competitive opportunities for athletes in every event group and at every stage of their athletic development. A Scottish Jumps series, a Scottish open Graded Hurdles meeting and a **scottishathletics** Open Steeplechase were introduced to sit alongside the well-established and very successful Throws Grand Prix, the GAA miler events, the Glasgow Sprints Gala and the Sky High Pole Vault. These events in addition to all **scottishathletics** championships at District and National level for all age groups and a number of other events open graded meets in Shetland, Orkney, Inverness and East Lothian were scored in the pilot year of the Event Specific Series. The numbers around the series were really encouraging for the sport with no fewer than 2,046 athletes from 97 clubs having had an event scored somewhere along the line – with 7,101 performances scored.

Recruitment specialists FPSG were sponsors for the 2018 Outdoor Season following a great start to that partnership with the FPSG Annual Awards and the FPSG Indoor Season. With the aim of recognising the commitment and performances delivered by our top athletes at the FPSG National Senior championships, raising overall standards and improving the profile of the event, there was a 'prize pot' on offer and Scotland's best Senior athletes could share the £2,000 incentive if they won their event and hit the

required standards. In less than ideal conditions in the final event thrower Nick Percy claimed the £2,000 prize pot all to himself with a win in 59.87. With a rise of 22 per cent in the Senior entry, live results and online streaming the event is beginning to assume the position it deserves as one of the premier events in the **scottishathletics** track and field calendar.

A Commonwealth Games, a European outdoor Championship and a home European Indoor Championship were the platforms for Scotland's international stars to enhance their growing reputation on the international stage and for Glasgow to showcase its ability to once again put on a world class sporting event.

Team Scotland's track, field and marathon team led into the Carrera stadium by Team Scotland flag bearer Eilidh Doyle, delivered the best medal tally in the Commonwealth Games since 1990. Robbie Simpson took the tally to five in the final event with a Marathon bronze to add to those won in the 1500m by Jake Wightman and Mark Dry in the Hammer. There were silvers by Eilidh in the 400m Hurdles while Maria Lyle took silver in the T35 100m.

The National Record set by the team, who finished 6th in the Women's 4x400m Relay was one of an astonishing 85 Senior National, Native and age group records ratified in the reporting period for this annual report. Sandra Whittaker had held the Scottish Women's 200m Record for more than three decades – but all that changed on a Saturday in Eton at a UK Women's league match when Beth Dobbin ran 22.84 to rewrite the record books. By the end of the season Beth had lowered this to 22.59 on her way to selection for the European Championships, an event which saw a quite remarkable 17 Scottish athletes on the plane to Berlin after Scots picked up four gold, six silver and seven bronze medals at the 2018 British Championships. It was a record representation for

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*This has been a year of continued development within the Commission, which works with **scottishathletics** to deliver a competitive pathway, meeting the needs of athletes at every stage of their development.*

”



Scottish athletes and coaches at these championships and effectively marks another high watermark for the sport in this country at international level. The Europeans first began back in 1934.

In Berlin Jake Wightman claimed his second major medal of 2018 with a superb run at the European Championships, taking bronze in a terrific men's 1500m final as he matched his podium place at the Commonwealth Games at Gold Coast 2018 back in April. Zoey Clark and Eilidh Doyle helped GB & NI to bronze medals in the Women's 4x400m Relay final. On a special night in the German capital Laura Muir landed gold in fantastic style running from the front to take the 1500m title that marked her first outdoor gold medal at a major championship. Eilish McColgan followed that up with silver in the 5000m only a few minutes later.

No fewer than seven Scottish athletes were named by British Athletics for the WPA European Championships and they too enjoyed medal success. Teenager Maria Lyle won her third successive Women's T35 100m title in these championships. Ross Paterson followed that with silver on his GB & NI debut at a major championship and three Scottish race runners made joyful visits to the podium – as Hannah Dines and Gavin Drysdale claimed gold and Kayleigh Haggro claimed a silver behind Dines. Jo Butterfield and Stef Reid added further medals to the Scottish haul with a silver for Butterfield in the Club Throw and Reid added a bronze in the Long Jump.

What role models the class of 2018/19 have been and they have been inspirational to the next generation on the pathway to international glory. There were international opportunities to pull on a Scottish vest at Loughborough, Swansea and Manchester while the final Celtic games saw Scotland winning the match and picking up all seven of the available trophies. Three Scottish athletes were selected for the World Juniors event in Tampere, Finland. Sprinters Michael

Olsen and Alisha Rees were joined by Erin Wallace. Alisha Rees landed bronze in the Women's 4x100m Relay final. Kane Elliott took the European Youth Championships 1500m title, in a Championship Record time of 3:55.26.

Nine Scots were selected by British Athletics for the European Indoor Championships at Glasgow 2019. It was the biggest representation for Scottish athletes on a GB & NI team at this particular championship in more than 50 years of the European Indoors and Guy Learmonth was given the honour of captaining the Great Britain and Northern Ireland team. Glasgow delivered in style and the atmosphere inside the arena was nothing short of sensational. Poster girl Laura won 3000m gold in a Championship Record and Chris O'Hare savoured the finest moment of his career as he seized a silver medal in a thrilling finish to the 3000m final. Laura Muir made history in fine style as she completed an unprecedented double-double and Glasgow 2019 concluded with a fine silver medal for GB & NI in the Women's 4x400m Relay final, as Zoey Clark and Eilidh Doyle added to their medal collections.

As always the delivery of events from Club Championships to European Championships is totally reliant on the tireless support of an army of volunteers and the Track and Field Commission would like to thank the officials, club volunteers, parents, coaches, the Board and staff who have all contributed so much to make this a truly "golden" era for **scottishathletics**.

On a personal note it has been a pleasure and a privilege to serve as convener of the Track and Field Commission for the last eight years and as I pass on the baton to my successor, I would like to thank those past and present on the Commission for their support.

Moir Maguire
Convener

Accounts

Directors' Report

The directors present their report and financial statements for the year ended 31 March 2019.

Principal Activities

The company's principal activity is to act as the governing body for athletics in Scotland and as such to foster, develop and lead the sport of athletics in Scotland. Our role is to provide clear strategic leadership for the sport whilst continuing to evolve and develop the support to all members (athletes, clubs, coaches, officials and event organisers) and we will continue to evolve and provide initiatives to support clubs and volunteers at the heart of the sport. 2018-19 was the final year of our strategy, *Perform When It Counts*, and the Board are very positive about the ongoing development of the sport. National (exchequer and lottery) funding continues to be a challenge for all sport in this country. No matter what the future funding picture looks like nationally, Scottish Athletics Limited will continue to concentrate our investment at the heart of the sport where it matters. Our business strategy and direction relies upon clear and transparent partnerships both within the sport i.e. member clubs and with key stakeholders. Our partnerships remain crucial and it is important that we continue to build on these if we are to continue with the current upwards trajectory.

Statement of Directors' Responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Financial Review

The company has recorded a surplus for the year of £29,477 (2018 - £32,948) with reserves at 31 March 2019 of £397,267 (2018 - £367,790).

The results are consistent with the budgetary expectations stated at the last annual general meeting.

As with recent years, the financial strategy of the company has been to achieve a small surplus, and ultimately seeking to increase the Reserves by approximately 10% year on year - to achieve a reserve of a minimum of three months operating costs ultimately. Investment funding from **sportscotland** is allocated primarily to staff costs, administration, development work, and to international performance and competition, with the balance of funding required to be generated from commercial income and sponsorship, membership or generated through activity.

Scottish Athletics is a company limited by guarantee incorporated on 28/03/2001. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed by the Articles of Association.

The total income of the company was £2,161,410 (2018 - £2,073,282 with grant funding providing 53%, membership and event income 38%, marketing and sponsorship 4% and other sources 5%). The financial performance gives Scottish Athletics a solid foundation to further progress the sport in the coming years despite some uncertain financial challenges across sport in Scotland.

Scottish Athletics would like to thank its partners and sponsors - Scottish Government, **sportscotland**, UK Athletics, Joma, Lindsays, FPSG Professional Recruitment, DW Sport and Fitness, Scottish Association for Mental Health, Voice Mobile and Strathmore - for their support as well as the contributions made to events and essential development programmes by Falkirk Leisure Trust, North Lanarkshire Leisure, Stirling Council, Glasgow City Council and Glasgow Life, and the many other local authorities/leisure trusts who invest in the sport. Such support remains a keystone to the future success of the sport.

Directors

With the exception of the Chief Executive Officer, all Board members appointed shall be subject to retirement by rotation after they have been in office for four or more years since they were appointed or reappointed. Such Board members may serve a maximum of two terms. Any Board member retiring in accordance with these provisions shall be eligible for re-appointment after the end of their first tenure, but shall not be eligible for re-election thereafter.

Membership

At 31 March 2019, 171 Clubs and Associates were in membership of the company (2018 - 170) and there were 14,188 members of Athletics Scotland, the membership scheme of Scottish Athletics (2018 - 12,997).

Auditors

Henderson Loggie were reappointed as auditors at the 2018 AGM for another term.

Statement as to Disclosure of Information to Auditors

The Board Members who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant audit information of which the auditors are unaware. Each of the Board Members have confirmed that they have taken all the steps that they ought to have taken as Board Members in order to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditor.

Small Company Rules

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

Ian Beattie, Chair

By order of the Board
2 August 2019

Directors

Leslie Roy MBE (President)
Ian Beattie (Chair)
Mark Munro (Chief Executive Officer)
Ronald Morrison
Sandra Frame
Alison Johnstone
John Rodger
Margaret Brown
Moir Maguire
Hugh Buchanan
Joanna Butterfield
Eilidh Doyle (appointed 29/09/2018)
Laura McCallum (Company Secretary)

Independent Auditors' Report

Opinion

We have audited the financial statements of Scottish Athletics Limited (the 'company') for the year ended 31 March 2019 which comprise the Profit And Loss Account, the Balance Sheet and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 March 2019 and of its surplus for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice and;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other Information

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinion on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small company regime and take advantage of the small companies exemption in preparing the directors' report and take advantage of the small companies exemption from the requirement to prepare a strategic report.

Responsibilities of directors

As explained more fully in the Directors' Responsibilities Statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

For and on behalf of MHA Henderson Loggie Chartered Accountants, Statutory Auditors

James Davidson (Senior Statutory Auditor)

11-15 Thistle Street, Edinburgh, EH2 1DF

2 August 2019

Profit and Loss Account

For the year ended 31 March 2019

	Notes	2019 £	2018 £
Income			
Income from grant funding		1,141,682	1,125,048
Income from marketing and sponsorship		88,184	40,728
Income from the membership and from events		829,166	793,893
Other income		102,378	113,613
Total operating income		2,161,410	2,073,282
Expenditure			
Administrative costs		643,265	573,166
Events and programme costs		1,389,251	1,385,473
Membership scheme costs		21,210	16,683
Marketing and fundraising costs		72,250	66,234
Total operating expenditure		2,125,976	2,041,556
Operating surplus	2	35,434	31,726
Interest receivable		8,064	5,949
Surplus for the year before taxation		43,498	37,675
Taxation		(14,021)	(4,727)
Surplus for the year		29,447	32,948

Balance Sheet

As at 31 March 2019

	Notes	2019 £	2018 £
Fixed assets			
Investments	5	12,931	12,931
Tangible assets	6	1,186	1,642
		14,117	14,573
Current assets			
Debtors	7	69,001	100,916
Cash at bank and in hand		1,095,006	1,124,132
		1,162,007	1,225,048
Creditors: amounts falling due within one year	8	(778,857)	(871,831)
Net current assets		383,150	353,217
Total assets less current liabilities		397,267	367,790
Net assets		397,267	367,790
Reserves	9	397,267	367,790

The financial statements have been prepared in accordance with the provision applicable to companies subject to the small companies regime, and were approved and authorised for issue by the board on 2 August 2019 and signed on its behalf by:

Ian Beattie, Chair

2 August 2019

Notes to the financial statements

For the year ended 31 March 2019

1. Accounting Policies

Basis of preparation

Scottish Athletics is a company limited by guarantee incorporated in Scotland. The financial statements are prepared under the historical cost convention and in accordance with the provisions of FRS 102 Section 1A small entities.

Going concern

At 31 March 2019 the company had net current assets of £383,150 (2018 - £353,217). Having reviewed the financial projections for the year to 31 March 2020 and having regard to both confirmed and indicative funding for the period to 2020, the Directors are satisfied that the going concern basis is appropriate.

Recognition of income

Income is credited in the accounts on the date of receipt, except for subscriptions, fees and grants received in advance that are credited in the year in which they fall due.

Should grant income received during the financial period be unspent during that period, the position is discussed with the funders and subject to the agreement of the organisation providing that income, the sums concerned will be deferred and utilised to meet appropriate business needs in subsequent financial periods.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off evenly the cost of fixed assets over their expected useful life, as follows:

Computer equipment	- 4 years
Other office equipment	- 4 years
Furniture and Fittings	- 10 years

Website design and content development costs are capitalised to the extent that they lead to the creation of an enduring asset delivering benefits at least as great as the amount capitalised. The website costs are depreciated on a straight line basis over three years following completion of the development work. Grant income in respect of the development is released to the Profit and Loss account over the same three year period.

Investments

Fixed asset investments are stated at fair value.

Pensions

The company operates a group pension scheme, contributing a fixed percentage of each employee's salary to an individual pension plan. Costs in respect of this are charged to the Profit and Loss account in the period they are incurred.

Leased assets

The annual rentals on operating leases on equipment and vehicles, where substantially all the risks and benefits remain with the lessor, are charged as expenses in the periods in which they are incurred.

Taxation

The tax currently payable is based on taxable profit for the year.

2. Operating Surplus

	2019	2018
	£	£
Operating surplus is stated after charging:		
Depreciation of tangible fixed assets	456	5,496
Auditors' remuneration	6,660	6,465
Pension costs	42,387	41,729

3. Taxation

	2019 £	2018 £
Corporation tax charge	14,021	4,727

4. Directors' Emoluments

The directors' aggregate emoluments in respect of qualifying services were:

	2019 £	2018 £
Emoluments receivable	86,273	75,094
Remuneration		
Pension	4,000	3,535

As at 31 March 2019 retirement benefits were accruing to one director in respect of money purchase pension schemes.

The average number of employees during the year was 51 (split between 20 full time and 31 part time) (2018 - 20 full time and 31 part time).

5. Investments

	2019 £	2018 £
At 1 April 2018 and 31 March 2019	12,931	12,931

Investments at the year ended 31 March 2019 relate to the McLanaghan Trust. All investments are held at fair value.

6. Tangible Fixed Assets

	Office Furniture £	Equipment & Fittings £	Website £	Total £
Cost				
At 1 April 2018	117,938	11,315	77,590	206,843
Additions	-	-	-	-
At 31 March 2019	117,938	11,315	77,590	206,843
Depreciation				
At 1 April 2018	(116,296)	(11,315)	(77,590)	(205,201)
Charge for year	(456)	-	-	(456)
At 31 March 2019	(116,752)	(11,315)	(77,590)	(205,657)
Net book value				
At 31 March 2019	1,186	-	-	1,186
At 31 March 2018	1,642	-	-	1,642

7. Debtors

	2019 £	2018 £
Trade debtors	55,214	79,658
Prepayments	11,787	21,258
	67,001	100,916

8. Creditors - Amounts falling due within one year

	2019	2018
	£	£
Trade creditors	62,756	114,623
VAT payable	3,008	2,010
Corporation tax	14,021	4,727
Trust fund creditors	12,177	12,177
Other creditors	89,791	89,791
Deferred income	464,181	485,745
Accrued charges	126,300	158,992
Pension charges	6,623	3,766
	778,857	871,831

9. Reserves

	2019	2018
	£	£
Prior year balance carried forward	367,790	334,842
Surplus for the current year	29,477	32,948
	397,267	367,790

10. Commitments Under Operating Leases

The future minimum lease payments under non-cancellable operating leases for each of the following periods are as follows:

	2019	2018
	£	£
Less than one year	51,610	45,939
In two to five years	86,005	118,805
	137,615	164,744

11. Related Party Transactions

Scottish Athletics and SAMH have worked in partnership in areas of common interest governed by a Memorandum of Understanding since November 2013. During the year SAMH contributed £25,000 to Scottish Athletics to support the continuation of jogscotland. This aligns to the recreational element of the Scottish Athletics strategy and is considered to be in the normal course of business. Ian Beattie Scottish Athletics Chair, was also the Vice Chair of SAMH until 23rd August 2018. Mr Beattie duly declared his interest at the Scottish Athletics Board meeting of the 20th March 2017, where this was discussed. This has been noted in the minute under item 16.

12. Ultimate Controlling Party

The organisation is controlled by its Club and Associate members who are entitled to mandate one delegate each to attend any General Meeting, speak and vote on their behalf.



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